

	Monday	Tuesday	Wednesday	Thursday	Friday
6-6:45am	Lap - Shared	Lap - Shared	Lap - Shared	U.S. Masters Swimming	Lap - Shared
7-7:45am	Lap - Shared				
8-8:45am	Lap - Shared				
9-9:45am	Silver Sneakers Splash	Aqua Ex.	Silver Sneakers Splash	Aqua Ex.	Lap - Shared
10-10:45am	Lap - Shared				
11-11:45am	Family Swim/Lap - Shared				
12-12:45pm	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	Aqua Ex.
1-1:45pm	Lap - Shared				
2-2:45pm	Lap - Shared				
3-3:45pm	Lap - Shared ##				
4-4:45pm	Family Swim ##	Family Swim	Family Swim	Family Swim	Lap - Shared
5-5:45pm	Swim Team	Family Swim/Lap - Shared	Swim Team	Family Swim/Lap - Shared	Family Swim
6-6:45pm	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	
7-7:45pm	Lap - Shared	U.S. Masters Swimming	Lap - Shared	Lap - Shared	
	Saturday	Sunday			
6-6:45am					
7-7:45am	Lap - Shared	Lap - Shared			
8-8:45am	Lap - Shared	Lap - Shared			
9-9:45am	Lap - Shared	Lap - Shared			
10-10:45am	Lap - Shared	Lap - Shared			
11-11:45am	Family Swim	Family Swim			
12-12:45pm	Family Swim *	Family Swim			
1-1:45pm	Lap - Shared	U.S. Masters Swimming			
2-2:45pm	Family Swim	Family Swim			
3-3:45pm	Lap - Shared	Lap - Shared			
4-4:45pm	Lap - Shared	Lap - Shared			
5-5:45pm	Family Swim	Family Swim			

## Yulman Indoor Pool Schedule as of 3/25/24



Visit us at

[www.schenectadyjcc.org](http://www.schenectadyjcc.org)

to make your reservation

- Each # indicates a lane that will be used for the afterschool program(s) (this will take place in lanes 1 & 2) - This time is subject to change during school vacation days.
- Each \* indicates a lane being used for personal training - This will take place in lane 4. Swim lessons may occur in any lane at various times. Lane choice is at the discretion of the instructor.